

Wellness *news*

bodyMINDSM

Your Monthly Guide to Good Health

Skin cancer accounts for more than one million cancers in the United States every year, more than cancers of the prostate, breast, lung, colon, uterus, ovaries and pancreas combined. There are different types of skin cancer: melanoma and non-melanoma. Melanoma is the more serious, but less common type of skin cancer. According to the American Cancer Society, melanoma accounts for a small percentage of skin cancer cases, but causes most skin cancer deaths. Fortunately, when detected early and treated properly, both melanoma and non-melanoma skin cancers are highly curable.

RISK FACTORS

- › Unprotected or extreme exposure to ultraviolet (UV) radiation
- › Having multiple or atypical moles
- › Family history of skin cancer
- › Experiencing severe sunburns as a child
- › Having a fair complexion

PREVENTION

The best ways to lower the risk of non-melanoma skin cancer are to avoid intense sunlight for long periods of time and to practice sun safety, according to the American Cancer Society (ACS). The ACS recommends the following ways to practice sun safety.

- › Avoid the sun between 10:00 a.m. and 4:00 p.m.
- › Look for shade, especially in the middle of the day when the sun's rays are the strongest.
- › Cover up with protective clothing to guard as much skin as possible when you are out in the sun.

- › Use sunscreen and lip balm with a sun protection factor (SPF) of 15 or higher. Apply a generous amount of sunscreen and reapply after swimming, drying off with a towel or perspiring.
- › Use sunscreen even on overcast days. UV rays can travel through clouds.
- › Cover your head with a wide-brimmed hat, shading your face, ears and neck.
- › Wear sunglasses with 99% to 100% of UV absorption to provide optimal protection for the eyes and surrounding skin.
- › Avoid other sources of UV light. Tanning beds and sun lamps are dangerous because they can damage your skin.

SYMPTOMS AND EARLY DETECTION

You should have your skin examined as part of a regular cancer-related check-up, as well as checking your own skin monthly. Signs of skin cancer include: new growth; any change in the size or color of a mole or other dark spot or growth; change in sensation such as pain or tenderness; change in appearance of a bump; and spread of pigmentation beyond the border of a mark or a mole.

Regular examinations of the skin lead to early detection and successful treatment of most skin cancers.

**DON'T LET CANCER
GET UNDER YOUR SKIN**



Children & Diabetes

TWO TYPES OF DIABETES

The American Diabetes Association reports that nearly 1 child in every 400-500 develops diabetes, a diagnosis that can be frightening and overwhelming to both parents and children. Often, children with diabetes are diagnosed with type 1, which used to be referred to as juvenile diabetes or insulin-dependent diabetes. In type 1 diabetes, the pancreas does not make the insulin necessary for survival. Insulin must be administered every day through either an insulin pump or injections.

Children can also be diagnosed with type 2 diabetes, which is becoming more common among children and teenagers whereas it used to be diagnosed primarily among older adults. In type 2 diabetes, either the body does not make a sufficient amount of insulin or the insulin produced by the body does not work as it should. Treatment for children with type 2 diabetes involves diet and exercise as well as insulin and/or diabetes pills. It is important to note that with good medical care and support from adults, children with both types of diabetes can lead healthy, active, fun-filled lives, according to the American Diabetes Association.

HYPOGLYCEMIA AND HYPERGLYCEMIA

Hypoglycemia and hyperglycemia are two different problems that can occur as a result of diabetes. Hypoglycemia occurs when blood sugar is too low, often as a result of too much insulin, excessive physical activity, or missing meals or snacks. Symptoms of hypoglycemia include shakiness, trembling, pale skin, sweating, rapid pulse, hunger, dizziness and fatigue, and severe symptoms include loss of consciousness, seizures, and inability to swallow.

Hyperglycemia occurs when blood sugar is too high. Symptoms of hyperglycemia include increased or excessive thirst, fatigue, weakness, blurry vision, and more trips to the restroom than usual. A serious condition called diabetic ketoacidosis can develop if hyperglycemia is left untreated. Long term, this can lead to serious medical complications.

TREATMENT

According to the American Diabetes Association, diabetes treatment plans are geared toward the needs of the individual child and specifically include:

- To maintain normal growth and development
- To keep blood glucose levels within a target range (not too high, not too low) as often as possible
- To promote healthy physical, emotional, and social well-being

It is necessary to balance food, exercise, and diabetes medicine in order to maintain blood sugar in a target range. Food raises blood sugar levels, while exercise, insulin and other medication lower blood sugar levels. The American Diabetes Association states that a good diabetes treatment plan includes:

- Eating healthful foods according to meal plan
- Checking blood glucose levels regularly
- Exercising regularly
- Taking medication (insulin or pills) as directed.

For more information on children and diabetes, contact your child's pediatrician.

Lake Health Calendar of Events *April*

Get Healthy Lake County Lecture/Activity Series

Are you looking for information on how to eat better or become fit? If so, attend the Get Healthy Lake County lecture/activity series. It's designed to provide you with the health and lifestyle information you need to stay healthy. We meet monthly, except December. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

Penitentiary Glen, 8668 Kirtland-Chardon Rd., Kirtland – April 1, 6 pm (Power Hiking)

Free Blood Pressure Screenings

We offer free screenings to check your blood pressure between visits to your physician. Stop by our urgent care centers during regular hours (call for hours: Mentor - 255-6400; Willowick - 585-3322; Madison - 639-0726; and Chardon - 286-8908). Or come on the following dates:

TriPoint Medical Center – April 3, 9 am - 12 noon
West Medical Center – April 17, 9 am - 12 noon

Label Reading Tours

Discover the tricks to interpreting food labels at a FREE label-reading tour. Space is limited. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

Giant Eagle, 27505 Chardon Rd., Willoughby Hills – April 15, 6:30 pm

Get Healthy Lake County – 10,000 Steps Program

Walk your way to a healthier lifestyle - become a member of Get Healthy Lake County's 10,000 Steps Program. The surgeon general recommends 30 minutes of aerobic activity three times a week; if you walk 10,000 steps in a day (roughly five miles) you will exceed this recommendation. Every step you take counts toward the goal, so start walking today! Membership includes a pedometer, a calendar of step opportunities, a list of step equivalents, and a step log. **Call the Best of Health Information Line at 440-953-6000 or 1-800-454-9800 for more information.**

The Wellness Institute now offers Yoga!

The practice of yoga can help improve your health with stretching to tone your muscles and exercise your entire skeletal system. Some yoga workout programs are more challenging than others. Try a yoga program to find your preferred method. All programs are six weeks and are in the **Physician Pavilion at TriPoint Medical Center, 7580 Auburn Rd. Suite 201**. **Call for class details.**

Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register or for more information.



Lake Health offers a wide variety of programs for men, women, seniors and families. Please log onto www.lakehealth.org or call the Best of Health Line at 440-953-6000 or 1-800-454-9800 for more information.

